

Crediting Soup in the Child and Adult Care Food Program

This guidance applies to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP). For information on the CACFP meal patterns for children and crediting foods, visit the Connecticut State Department of Education's (CSDE) [Meal Patterns for CACFP Child Care Programs](#) and [Crediting Foods in CACFP Child Care Programs](#) webpages. For information on the CACFP adult meal patterns and crediting foods, visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages.



The USDA has different crediting requirements for commercial soups and soups made from scratch. Soups made from scratch credit based on the amount of each meal pattern component contained in one serving of the recipe. Commercial vegetable soups credit based on the yields in the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG). Commercial beef barley soup, chicken or turkey noodle soup, chicken or turkey rice soup, and cream vegetable soups (such as cream of broccoli and cream of mushroom) do not credit in the CACFP meal patterns.

Soups Made from Scratch

Soups made from scratch credit based on the amount of each meal pattern component (such as vegetables, grains, and meat/meat alternates) contained in one serving of the recipe. Crediting information must be based on the yields in the FBG. For information on recipes, visit the "[Crediting Foods Prepared on Site in CACFP Child Care Programs](#)" or "[Crediting Foods Prepared on Site in CACFP Adult Day Care Centers](#)" sections of the CSDE's CACFP webpages.

One serving of the recipe must contain at least the minimum creditable amount of a component to credit toward the CACFP meal patterns. The minimum creditable amounts are $\frac{1}{8}$ cup of vegetables, $\frac{1}{8}$ cup of fruits, $\frac{1}{4}$ ounce equivalent of grains, and $\frac{1}{4}$ ounce of meat/meat alternates. If the amount per serving of soup is less than the full component, the menu must include additional foods from that component to meet the full-required serving for each CACFP meal and snack.



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Allowable Commercial Vegetable Soups

The FBG indicates the types of commercial vegetable soups that credit toward the vegetables component (see table 1).

Table 1. Allowable commercial vegetable soups in the CACFP	
Vegetable soups	Legume soups
Minestrone soup Tomato soup Tomato soup with other basic components such as rice Vegetable soup (contains only vegetables) Vegetable soup with other basic components such as meat or poultry	Lentil soup Pea soup, e.g., split pea Bean soup, e.g., black bean, navy bean, and mixed bean

To credit a commercial soup not listed above, CACFP facilities must obtain a product formulation statement (PFS) from the manufacturer stating the specific contribution of each vegetable subgroup per serving. The PFS must provide the information specified in the USDA's [*Product Formulation Statement for Documenting Vegetables and Fruits in the CACFP, SFSP, and NSLP Afterschool Snacks*](#).

For information on PFS forms, review the CSDE's resources, [*Using Product Formulation Statements in the CACFP*](#), and [*Accepting Processed Product Documentation in the CACFP*](#); and the USDA's PFS forms and [*Tips for Evaluating a Manufacturer's Product Formulation Statement*](#). For additional guidance on documentation for commercial products, visit the "[Crediting Commercial Processed Products in CACFP Child Care Programs](#)" or "[Crediting Commercial Processed Products in CACFP Adult Day Care Centers](#)" sections of the CSDE's CACFP webpages.



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Meal Pattern Requirements for Vegetables

Soups that meet the requirements for the vegetables component may be served at any CACFP meal or snack.

- **Lunch and supper:** The CACFP lunch and supper meal patterns for children and adults require a serving of the vegetables component. The USDA's [CACFP Best Practices](#) recommends that CACFP meals contain at least one weekly serving of each of the five vegetable subgroups. For more information, review the CSDE's resource, [Vegetable Subgroups in the CACFP](#).
- **Breakfast:** The CACFP breakfast meal patterns for children and adults require a serving of vegetables, fruits, or both.
- **Snack:** The vegetables component may be served as one of the two required components in the CACFP snack meal pattern for children and adults.

Meal Pattern Contribution of Commercial Soups

The meal pattern contribution of commercial vegetable soups is based on the FBG. The FBG indicates that:

- 1 cup of an allowable commercial vegetable soup credits as $\frac{1}{4}$ cup of the vegetables component ("additional" vegetables); and
- 1 cup of a commercial bean or pea (legume) soup credits as $\frac{1}{2}$ cup of the vegetables component (legumes subgroup).

The 1-cup serving refers to the amount of the cooked soup, e.g., heated canned or frozen ready-to-serve soup, reconstituted dried soup, and reconstituted condensed soup. Table 2 indicates the vegetables component contribution of different serving sizes of commercial soups.



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Table 2. Crediting commercial vegetable soups in the CACFP

Cooked serving size		Credits as	Meets the meal pattern requirements for
Vegetable soup ¹	Legume soup ²		
½ cup	¼ cup	⅛ cup of vegetables	Lunch/supper for ages 1-2
1 cup	½ cup	¼ cup of vegetables	Breakfast for ages 1-2 Lunch/supper for ages 3-5
2 cups	1 cup	½ cup of vegetables	Breakfast for ages 3-5 Breakfast for ages 6-12 Breakfast for ages 13-18 ¹ Breakfast for adults Lunch/supper for ages 6-12 Lunch/supper for ages 13-18 ¹ Lunch/supper for adults Snack for ages 1-2 Snack for ages 3-5 Snack for adults
3 cups	1½ cups	¾ cup of vegetables	Snack for ages 6-12 Snack for ages 13-18 ¹

¹ This age group applies only to at-risk afterschool programs and emergency shelters.

Menu planners should consider the appropriateness of the serving size for different age groups. The large serving of a commercial soup needed to provide the full vegetables component in CACFP meals and snacks might be unreasonable. For example, to provide ½ cup of the vegetables component for ages 6-12 at lunch requires 2 cups of a commercial vegetable soup and 1 cup of a commercial legume soup.



When the serving of soup needed to provide the full vegetables component is too large, the CSDE recommends offering a smaller serving of soup and supplementing with another food from the vegetables component. For example, a lunch for ages 6-12 could meet the required ½-cup serving of

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the vegetables component with $\frac{1}{2}$ cup of tomato soup (credits as $\frac{1}{8}$ cup of vegetables) and $\frac{3}{8}$ cup of broccoli.

Crediting Commercial Soups using Manufacturer Documentation

To credit an allowable commercial vegetable soup differently from the yields listed in the FBG, CACFP facilities must obtain a PFS from the manufacturer stating the specific contribution of vegetables in the serving. The PFS must provide the information specified in the USDA's *Product Formulation Statement for Documenting Vegetables and Fruits in the CACFP, SFSP, and NSLP Afterschool Snacks*.

CACFP facilities cannot use any other type of manufacturer product information, such as sales literature or product specification sheets, to document compliance with the vegetables component. These materials do not provide the specific crediting information that is required on a PFS.

Considerations for Container Size

The served portion of soup (commercial or made from scratch) must be sufficient to provide the amount of each component being credited toward the meal patterns. For example, CACFP facilities must offer 1 cup of a commercial vegetable soup to credit as $\frac{1}{4}$ cup of the vegetables component.

Menu planners should consider the size of the container used to serve the soup. A 1-cup container (8 fluid ounces) does not provide 1 cup of soup unless it is completely filled to the top, which is impractical. To avoid spilling and ensure that the served portion meets the meal pattern requirements, the container should be larger than the planned serving size of soup. For example, CACFP facilities could use a 10-fluid ounce bowl to hold 8 fluid ounces (1 cup) of soup and a 6-fluid ounce bowl to hold 4 fluid ounces ($\frac{1}{2}$ cup) of soup.

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Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AcceptDocumentationCACFP.pdf>

Crediting Commercial Processed Products in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#CommercialProducts>

Crediting Commercial Processed Products in Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CommercialProducts>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#MMA>

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA>

Resources for the CACFP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

https://fns-prod.azureedge.net/sites/default/files/reviewer_checklist.pdf

Recipe Form for the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/StandardizedRecipeCACFP.doc>

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Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/cn/manufacturerPFStipsheet.pdf>

USDA's Production Formulation Statements (USDA's Food Manufacturers/Industry webpage):

<https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNlabelCACFP.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScacfp.pdf>

Vegetable Subgroups in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/VegetableSubgroupsCACFP.pdf>

Vegetables Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Vegetables>

Vegetables Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Vegetables>

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For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditSoupCACFP.pdf>.

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